American Heart Association.

Vaccines and CVD

What Research Shows About Vaccines and Viruses

Vaccinations can have an incredibly positive impact on heart health. It's important to know how vaccines against COVID-19, flu, RSV, shingles and pneumonia relate to risk factors for cardiovascular disease and stroke.

Without the relevant vaccinations:

- People may be at greater risk for cardiovascular disease (CVD) because of these viruses.
- CVD and stroke patients may face more severe complications from these viruses.

COVID-19

COVID-19 infection can raise the risk of myocarditis, a rare heart inflammation, and atrial fibrillation, a common heart rhythm disorder, both of which were observed in patients hospitalized with the virus.

Age recommendation

6 months and older, especially those 65+ or with heart disease

Flu

People with heart disease and those who have had a stroke are more likely to develop serious flu complications. A 2018 study found that the risk of having a heart attack was 6 times higher within a week of a confirmed flu infection. Get vaccinated in September/October, in advance of flu season.

Age recommendation

6 months and older, with rare exceptions

65+ should get the high-dose vaccine for extra protection.

RSV (adults)

Respiratory syncytial virus can have serious implications for heart patients. Complications related to RSV, such as congestive heart failure and arrhythmias, account for 14% to 22% of hospitalizations for adults. Underlying CVD has also been linked to 45% to 63% of adult hospitalizations for RSV.

Age recommendation

75 and older

60–74 at increased risk of severe RSV*

*People with chronic heart or lung disease, certain other chronic medical conditions, and residents of nursing homes or other long-term care facilities

Shingles

People who've had shingles are nearly 30% more likely to experience a heart attack or stroke in the long term.

Age recommendation

50+

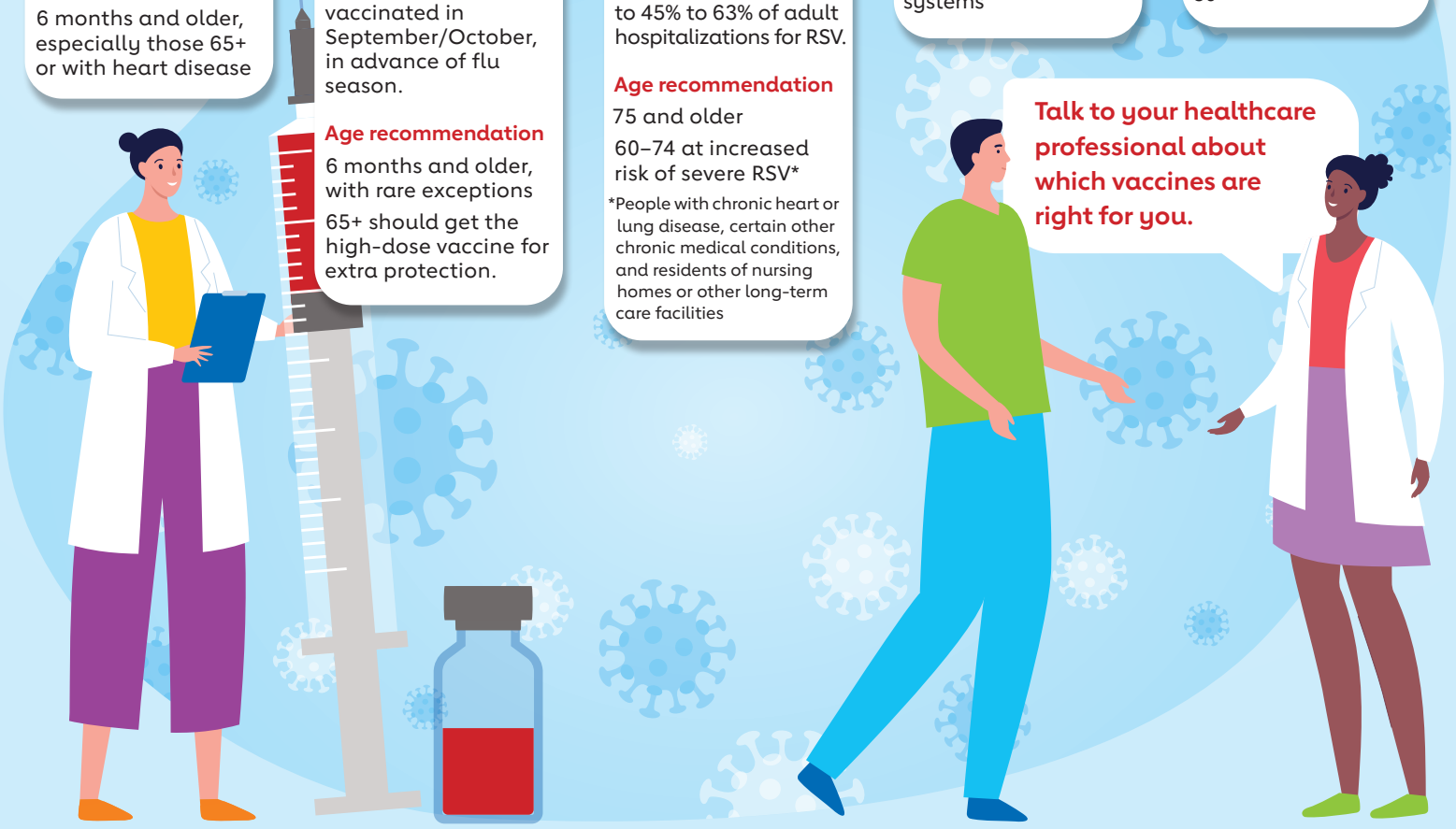
19 and older with weakened immune systems

Pneumococcal (pneumonia)

People with heart disease are at higher risk of hospitalization and death from pneumonia complications. Vaccination reduces mortality by 22% in adults with CVD.

Age recommendation

50+



Visit ***heart.org/vaccines*** for more information.

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